

## Revised Child Impact of Events Scale

Age 8+

Below is a list of comments made by people after stressful life events. Please tick each item showing how frequently these comments were true for you *during the past seven days*. If they did not occur during that time please tick the 'not at all' box.

Name: .....

Date: .....

	Not at all	Rarely	Some-times	Often
1. Do you think about it even when you don't mean to?	[ ]	[ ]	[ ]	[ ]
2. Do you try to remove it from your memory	[ ]	[ ]	[ ]	[ ]
3. Do you have waves of strong feelings about it	[ ]	[ ]	[ ]	[ ]
4. Do you stay away from reminders of it (e.g. places or situations)	[ ]	[ ]	[ ]	[ ]
5. Do you try not talk about it	[ ]	[ ]	[ ]	[ ]
6. Do pictures about it pop into your mind?	[ ]	[ ]	[ ]	[ ]
7. Do other things keep making you think about it?	[ ]	[ ]	[ ]	[ ]
8. Do you try not to think about it?	[ ]	[ ]	[ ]	[ ]

## Administration

The IES is self completed and can therefore be administered in groups.

## Scoring

There are 8 items that are scored on a four point scale:

Not at all = 0  
Rarely = 1  
Sometimes = 3  
Often = 5

There are **two** sub-scales:

Intrusion = sum of items 1+3+6+7  
Avoidance = sum of items 2+4+5+8

The lay-out has been designed so that scoring can be easily done in the **two** columns on the right hand side. The total for each sub-scale can be entered at the bottom of each column. Wherever possible, we have done this in all the languages into which the scale has been translated.